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Comparing maternal breastfeeding self-efficacy during first week and sixth week postpartum

Introduction: The ideal nourishment for the first 12 months of a child's life comes from breastfeeding its mother's milk and maternal self-efficacy is one factor which affects breastfeeding duration.

Objective: The present study aimed to compare the maternal breastfeeding self-efficacy during the first week and sixth-week postpartum.

Materials and Methods: This descriptive, analytical study was conducted on 767 women referring to the Family Health Research Center of Rasht in Iran. Mothers were selected through continuous sampling. For data collection, we used demographic questionnaires and Dennis breastfeeding self-efficacy scale. For data analysis, Chi-square, Mann-Whitney U, Pearson's correlation coefficient and multiple regression were performed using SPSS version 19.

Results: In this study, most mothers had scores compatible with moderate self-efficacy in the first week and in the sixth week had high self-efficacy for breastfeeding. There was a significant relationship between breastfeeding self-efficacy (BSE) score and employment status ($p < 0.0001$). Also, we found significant BSE score differences between primiparous and multiparous women ($p < 0.001$).

Conclusion: Results of the study indicate that breastfeeding duration increases the breastfeeding self-efficacy levels. So, Developing and implementing appropriate approaches are needed to improve breastfeeding duration in mothers.

Biography

Sedigheh pakseresht has completed her PhD at the age of 48 years from Delhi University, India University. She is Associate Professor, Women Health Promotion, Community Health, Obstetric Dept. Member of Reproductive Health Research Center & Social determinants of health research center, Guilan University and Medical Science, Rasht, Iran. She has published more than 28 papers in Persian journals and 7 papers in ISI about breast cancer and published a book about breast cancer (in English). She is chief in editor in holistic nursing and midwifery journal in Guilan, Iran

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